

Name: \_\_\_\_\_

Recovery

2 Weeks

23 August - 5 September, 2004

WEEK # 1					WEEK # 2				
Day I	Thursday				Day I	Monday			
Legs					Legs				
Exercise	Set	Rep	Kilo	Weight / Reps	Exercise	Set	Rep	Kilo	Weight / Reps
Squat - wide stance	3	5	70%		Squat - wide stance	3	5	75%	
Standing Cable Crunch	3	8	M		Staggered Standing Cable Crunch	2x3	8	M	
Leg Curls	3	8	M		Zercher Squats	3	8	M	
SB Cable Crunch	3	8	M		Good Morning	3	8	M	
Leg Extensions	3	8	M		Pullups	3	6	BWT	
					Cable Row	3	8	M	
					Wt Back Extension	3	8	20 kilo	
Day II	Saturday				Day II	Wednesday			
Upper					Upper				
Exercise	Set	Rep	Kilo	Weight / Reps	Exercise	Set	Rep	Kilo	Weight / Reps
Incline Bench Press	3	5	70%		Bench Press	3	5	75%	
Side Cable Crunch	2x3	8	M		Shoulder Press	3	8	M	
Barbell Curls	3	8	M		Preacher Curls	3	8	M	
SB Oblique Crunch	2x3	8	M		SB Cable Crunch	3	8	M	
Triceps Pushdown	3	8	M		SB Incline Bench Press	3	8	M	
					Upright Row	3	8	M	
					Knuckle Busters	3	8	M	
Day III	OFF				Day III	Friday			
OFF					Back/Hips				
OFF					Exercise	Set	Rep	Kilo	Weight / Reps
OFF					Conventional Deadlift	3	5	75%	
					Squats-wide stance - <b>SPEED</b>	3	5	52.5%	
					RDL	3	5	75%	
					SB Side Cable Crunch	2x3	8	M	
					Front Pulldown	3	8	M	
					Shrugs	3	8	M	
					PR Rev Back Extension	3	10	M	
					SB Barbell Row	3	8	BWT	
Day IV	OFF				Day IV	Saturday			
OFF					Upper				
OFF					Exercise	Set	Rep	Kilo	Weight / Reps
OFF					DB Shoulder Press	3	8	M	
					Bench Press - <b>SPEED</b>	3	5	52.5%	
					Rope Pushdown	3	8	M	
					DB Curls	3	8	M	
					DB Flyes	3	8	M	
					Inverted Leg Lift	3	12	BWT	
					DB Knuckle Busters	3	8	M	
Rest:	1' between lifts				Rest:	1' between lifts			

## Phase I. Recovery

**Length:** 2 Weeks

**Goal:** Reduced volume and intensity. Active recovery to allow for increased circulation and tissue regeneration  
Emphasis is on **RANGE OF MOTION** with good exercise technique.

**Warm-Up:** Perform 5 minute general warm-up, specific warm-up on all exercises

**Intensity:** L: light load M: medium load, non-fatiguing Week #2 you need to accelerate the Speed lifts as much as possible

**Rest:** 1' between lifts

**Pace:** Controlled Rhythm; NO SPEED : Keep the correct line of the movement